

## Isobel's yoga classes for Nathan Homestead and ACE. Class information 2018

### **Yoga is for everyone:**

**Time:** 10am to 11.30am

**Day:** Mondays during school Term

**Venue:** Nathan Homestead, 70 Hill Road, Manurewa, Auckland

**Cost:** \$10 per class if whole term paid for or \$15 casual.

This hatha yoga class is designed to focus on flexibility, wellbeing, relaxation and to encourage an awareness of posture and breathing.

**What do you need to bring:** loose comfortable clothing, a yoga mat or foam bed roll, a blanket for the relaxation at the end of the class.

If possible, avoid eating a meal for two or three hours before class.

**To enrol contact Isobel Murphy**

**Mobile:** 0212644772

**Email:** [isobelmurf@gmail.com](mailto:isobelmurf@gmail.com)

### **Yoga for Beginners**

**Time:** 7pm to 9pm

**Day:** Tuesday during school terms

**Venue:** St Johns Community Centre hall, 120 Great South Road, Papatoetoe, Auckland.

**Yoga teacher:** Isobel Murphy

**Provider:** Aorere College Adult Community Education (ACE)

**Cost:** \$40 incl GST for the term.

**To enrol contact Aorere College ACE,** phone: (09) 279 0671,

email: [acecoordinator@aorere.ac.nz](mailto:acecoordinator@aorere.ac.nz)

This hatha yoga class is designed to focus on flexibility, wellbeing, relaxation and to encourage an awareness of posture and breathing.

For beginners and advanced beginners

**What do you need to bring:** loose comfortable clothing, a yoga mat or foam bed roll, a blanket for the relaxation at the end of the class.

If possible, avoid eating a meal for two or three hours before class.